

Disciple (4-19-26) "Soul Care"
CORE Questions

Read Mark 2:23-28

1. **The Pharisees were focused on rules, while Jesus pointed to human need and God's heart behind the Sabbath.** Where do you see yourself tempted to prioritize rules, routines, or "doing things right" over people or relationship with God?
2. **Jesus reminds them that "the Sabbath was made for man, not man for the Sabbath."** What do you think it practically looks like to receive Sabbath as a gift from God rather than treat it like an obligation? How does that change your approach to rest and worship?
3. **Jesus declares that He is "Lord even of the Sabbath."** How does recognizing Jesus as Lord over your time, rhythms, and rest challenge or reshape the way you currently live your week?

Family Question: (Kid-friendly)

Jesus said the Sabbath was made as a gift for us. What are some ways your family can slow down this week to spend time with Jesus and enjoy being together?